

SPRING '26 CAPTAIN WORKBOOK

1. Motivation Leadership Sheet

Purpose: Build awareness of what drives you *and* how you create motivation for others.

My Intrinsic WHY

(Why do I truly care about my sport beyond wins/losses? What keeps me coming back?)

- _____
- _____
- _____

1 Way I Increase Autonomy (Give Ownership)

(How will I help teammates feel they have a voice and control?)

Examples: Letting teammates help set goals, asking for input, player-led drills

- _____
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1 Way I Build Competence (Help Others Improve)

(How will I help teammates feel confident and capable?)

Examples: Giving specific positive feedback, recognizing improvement, extra reps together

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1 Way I Build Connection (Strengthen Belonging)

(How will I make sure every teammate feels included and valued?)

Examples: Checking in with quieter teammates, inclusive language, team traditions

- _____

Commitment Behavior I Will Model

(What will I do consistently—even when I don't feel like it?)

Examples: Hustling in drills, positive body language, showing up early, staying engaged

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2. Team Cohesion Blueprint

Purpose: Define and actively build your team's identity and culture.

Identity Statement

"We are the team that..."

Make this specific and actionable (not just "we work hard" → what does that actually look like?)

- _____
- _____
- _____

Core Values (3)

(What principles guide how we act every day?)

Examples: Accountability, toughness, unselfishness, energy, discipline

1. _____
2. _____

3. _____

Non-Negotiable Standard

(One behavior that is ALWAYS expected—no exceptions)

Examples: Sprinting on/off field, no negative body language, supporting teammates

- _____

Team Bonding Action

(What will we intentionally do to build relationships?)

Examples: Team dinners, partner drills, weekly shoutouts, off-field activities

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Accountability Strategy

(How will we address when standards are not met?)

Examples: Peer call-outs, reset conversations, captain check-ins

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3. Resilience Leadership Plan

Purpose: Prepare for adversity *before it happens* so your team responds the right way.

Biggest Challenge We'll Face

(Be honest—what is most likely to test your team?)

Examples: Losing streak, conflict, injuries, pressure games

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My Response as a Captain

(How will I act in that moment? What will I model?)

Examples: Focus on body language, communication, and emotional control

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Team Reset Phrase

(A short phrase to refocus the team in tough moments)

Examples:

- "Next play."
- "We're built for this."
- "Reset and respond."

- _____

Behavior Standard in Adversity

(What do we EXPECT from each other when things go wrong?)

Examples:

- No blaming
- Positive communication

- _____

- _____